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Investigating the role of personality as a risk factor for the development of multiple sclerosis

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Background and Aim : Multiple sclerosis is the most common inflammatory disease of the central nervous system. Genetic and environmental factors possibly will be involved in etiology of disease. One of the factors considered in developing the disease is type of personality. This study aimed was used to determine the role of personality type in the development of multiple sclerosis.

Methods : The present study was descriptive- correlational. In this study, 100 patients with multiple sclerosis and the member of Multiple Sclerosis Society of Rasht (32 men and 68 women) and 100 persons without patients (40 males and 60 females) who were selected randomly were studied. Research instruments are two questioners Eysenck personality type C questionnaire and Friedman and Rosenman personality type A and B questionnaire. Data were analyzed by SPSS software using descriptive and inferential statistics.

Results : In this study, the age of study population were 25 to 55 years. From 100 patients, 48% had a personality type A, 22% B and 30% C. While from 100 people of the control group, 27% had personality type A, 65% B and only 8% C. This difference was statistically significant ($P < 0.01$). Age and gender of the samples had no effect on the prevalence of personality types.

Conclusion : The present study shows that personality type A can consider as a risk factor for onset of multiple sclerosis. Since stress and angry is the most important characters of these peoples. It is

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recommended that peoples with this personality type, especially in adolescence identified and training to improve the quality of life and control of stress and angry. It needs to more research to demonstrate.

Keywords : Risk factor; Personality type; Multiple sclerosis